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# Family Program News

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## Family Program Office

The Oklahoma National Guard Family Program consists of full time personnel and a volunteer force that support a variety of programs.

At the state level MAJ Iverson oversees the entire Family and Youth program.

Donna Crews serves as the Family Readiness Assistant. She is the primary resource for Family Readiness Groups (FRG), and concentrates the office efforts on training volunteers, FRGs and family members.

The Family Assistance Centers (FAC) are located in Tulsa, staffed by Jessica Hurt and Billy Nichols; in Oklahoma City, staffed by JoAnne Evans and Peggy Campbell; and in Lawton, staffed by Gerda Weekley. This year the Family Assistance Centers have handled numerous phone calls and referrals.

The 137th Airlift Wing Family Program Coordinator is Jennifer Lain, and the 138th Fighter Wing Family Program Coordinator is Connie Hurt. They oversee

family concerns for our Oklahoma Airmen, each operating a FAC, provide support for FRGs and volunteers and conduct many deployment briefings.

In this past year the family program office has supported numerous mobilization activities, as well as the most recent Hurricane Katrina effort.

The Family Program main events are as follows:

The annual Oklahoma National Guard Youth Workshop (Kid's Kamp), at Camp Gruber in July, was home to over 100 children for a week as they experienced what their parents do as a member of the Oklahoma National Guard.

Our annual Family Program workshop is an event for FRGs and Volunteers to learn about how to organize and maintain a FRG, as well as the vital information they need to assist our National Guard families. We equip them with deployment information, Military One Source, Tricare help, communication and leadership skills.

Guard Family Team Building Instructor Trainer Course helps our volunteers learn how to become trainers and "public speaking"

The Guard Family Action Plan Conference is the avenue for our National Guard issues and concerns to be evaluated and elevated for resolution.

7 Habits of Highly Effective Teens was this year's Youth Leadership training. We had over 30 participants at the two sessions.

PREP Marriage Renewal weekends conducted three times across the state for our military members and their spouses.

Youth Survival workshop is our newest activity.

We also supported numerous Soldier Readiness Processing weekends and Mobility Lines.

Hurricane Katrina support was our "unexpected" event this year in the deployment support. Once again this proved that training during non-deployment periods is critical to being ready at a moments notice!

## Family Program Website Now Available

We are excited to announce that family members and Family Readiness Groups (FRG) can now access information on-line in the new Family Program Website. Simply go to [www.ond.state.ok.us/FamProg](http://www.ond.state.ok.us/FamProg) to visit the new site where you can get loads of information. This site also contains information relating to pay issues, legal

issues, Tricare, etc. There are many links to various websites needed by members and their families, such as Military One Source, Red Cross, GuardFamily.org, Tricare, MyPay, etc. There are also deployment preparation checklists, FRG coordinator tools, and Family Assistance Center contact information. We are making changes and updating

this website daily and we are looking for your suggestions. Please let us know if there is anything specific you would like to see included on the website. We also want you to let us know if you encounter any problems while visiting the site. We look forward to providing you with the up-to-date information for which you are looking.



# Chaplain's Corner

## Developing Priorities in the Rat Race

Does it ever seem like you have more month at the end of your pay and more to do at the end of your day? If so, you are a full-fledged member of the human rat race! There are times when we simply have to step back and reassess what our priorities are.

A group of friends went deer hunting and paired off in two's for the day. That night one of the hunters returned alone, staggering under the weight of a 200 pound deer. The group asked, "Where's John?" The lone man replied, "Oh, John had a stroke of some kind. He's a couple of miles back up the trail." "You left John lying there, and carried the deer back?" "Yeah, it was a tough call," nodded the hunter, "but I figured no one is going to steal John."

Such a story is a good illustration of how we can temporarily get our priorities out of place. How can we manage our time and lives better? I suggest evaluating your life by how much time you spend on the following:

1. Essentials- What are the essentials of your life? For me it would certainly be God and family. Rarely would I let something stand in the way of these. The "essentials" are areas that you MUST put your time, money and energy.

2. Important areas- As we mention these all of us may place aspects of our lives under different categories. Work is an *important* area. However, we also know that work is *essential* to take care of our families. Yet it is a *means* to fund and take care of our essentials. We must put as much as we can into the *important* areas *without* taking away (consistently) from what we consider *essential*.

3. Good things- There are so many things that are available for us to do and to enjoy. They are good things: time with friends, hobbies, material things. But we must keep them in perspective. They are only good if they *enhance* the essentials and not hinder them.

I, like many here, had been busy with the Hurricane Katrina

operation. Between my time in New Orleans and then at Camp Maxey, Texas I was gone more than I had planned. It was *important* to fulfill my mission as chaplain. Several months ago I received notice that I was drawn for a special hunt at Salt Plains refuge. I had planned for this trip for a long time and had even paid the permit fee. It was a *good* thing. However, after having missed several soccer and basketball games of my two boys, I realized that what was needed now was time and energy spent on the *essentials* of my life... my family. I didn't go. Tough choice, but the right one for me at that time. All of us have choices to make. We must prioritize our lives to make sure the right people and things get the best we have to offer.

Chaplain Hanna can be reached at the Oklahoma Military Department.

FT Support Chaplain  
JFHQ-Oklahoma  
405-228-5178  
DSN 628-5178  
Fax 405-606-7212

## Family Assistance Centers:

Family Assistance Centers are here to support guard and family members. Guard and family members may call a FAC employee at any time for information and to ask questions.

TRICARE questions can be directed to Sue Stice at 405-228-5389. Sue is the State Benefits Counselor.

For families of guard members who are deployed or recently returned from a deployment, your specific contact is as follows:

245 Aviation, HHC:  
245 Aviation, E Company:  
249 Aviation:  
245 MI Company:  
Med Hold:  
Other:  
158 FA:  
137th AW:  
138th FW:

Billy Nichols: 918-832-6536  
Jessica Hurt: 918-832-6543  
Peggy Campbell: 405-228-5387  
Peggy Campbell: 405-228-5387  
JoAnne Evans: 405-228-5841  
JoAnne Evans: 405-228-5841  
Gerda Weekley: 580-595-4455  
Jennifer Lain: 405-686-5683  
Connie Hurt: 918-833-7732



# Military One Source—The OneSource Connection

## Military OneSource Resources

While events from the Katrina-ravaged Gulf Coast unfold, Military OneSource is providing resources and counseling support for Service members and families. A number of resources are available to anyone who needs help in coping with this tragedy or who is seeking information on emergency and volunteer services in the affected areas.

### Service includes:

- Face-to-face counseling in the local community at no cost
- Immediate assistance for participants with emotional well-being issues
- Connecting participants with emergency resources, aid agencies, charitable organizations, and appropriate Service branch agencies.
- Supplying educational materials related to Hurricane Katrina and Natural Disaster recovery directly to victims, emergency and volunteer organizations and Service branch agencies
- Providing individualized research (e.g. locating a medical specialist in temporary community, how to file an insurance claim, locating child care, benefits for displaced families, etc.)
- Translation services into over 150 languages to assist those with English as a second language in adapting to displacement and other storm related fallout
- Information on topics such as evacuation, emergency leave, CAC card replacement, TRICARE benefits, and family locator instructions

## Educational Materials

### Articles

- If You've Been Affected by Hurricane Katrina
- Talking with Someone Affected by Hurricane Katrina
- When Your Loved Ones are Affected by Hurricane Katrina
- Education Resources for Families and Students Displaced by Hurricane Katrina
- Working in a Disaster Area: Coping and Taking Care of Yourself
- Adjusting to Life After Disaster Relief Work
- Returning Home After Disaster Relief Work
- Avoiding Frauds and Scams After a Natural Disaster
- Getting Organized After a Natural Disaster
- Steps to Take After a Flood, Fire, or Other Disaster
- Facing the Prospect of Rebuilding After a Natural Disaster
- When Media Coverage Makes You Anxious

- Coping with Post-Traumatic Stress
- How to Make a Charitable Donation
- Military Relief Organizations and Emergency Financial Help
- Helping an Older Relative Cope After a Natural Disaster
- Helping Young Children Cope After a Natural Disaster
- Helping Your Teenager Cope After a Natural Disaster
- Enrolling Your Child in School Fact Sheet
- Hiring and Working with a Home Improvement Contractor After a Natural Disaster
- Taking Care of Yourself After a Traumatic Event
- Coping with Fears Following a Traumatic Event
- Coping with Grief and Loss After a Traumatic Event
- Helping a Child Cope with Loss and Grief

### Worksheets/Brochures (PDF format):

- CDC and FEMA Disaster Recovery Resources
- Education Resources for Families and Students Displaced by Hurricane Katrina
- U.S. Disaster Response Organizations
- Support Information for Service members and Military Families Affected by Hurricane Katrina

## Examples of Military OneSource Educational Materials for Hurricane Katrina

You may view and/or order materials online:  
[www.militaryonesource.com](http://www.militaryonesource.com)  
 User ID: **Military** Password: **OneSource**

To view these articles on the website go to 'How May We Help You?', select 'Emotional Well-being', 'Violence and Crisis', and 'Natural Disaster'. You will find 32 articles and other materials to review such as worksheets, books for recommended reading, and web links.

Or call and speak with a Consultant from the US: 1-800-342-9647  
 Overseas toll free: access code, \*800-3429-6477  
 Overseas deployed or in remote areas can call collect: 1-484-530-5908  
 En español llame al 1-877-888-0727  
 TTY/TDD accessible 1-866-607-6794  
 \*Use access code before dialing the toll free number.  
 Europe: 00  
 Japan ITJ/IDC/NTT: 122-001-010  
 Japan KDD: 010  
 Korea S-Darcom: 002 Korea S-KT: 001  
 Korea DSN: 550-ARMY [2769]

**Military OneSource.**

**Serving American  
troops and families.**



# Watch Out for Jury Duty Scam

This Criminal Information Bulletin was generated to inform Commanders of a method known as "Jury Duty Scam" being used by identity thieves to deceive victims into revealing their personal information.

The Scammer calls the residence or office number of the Victim and identifies themselves as an office or employee of the local court jurisdiction. The Scammer announces to the Victim, that he/she has failed to report for jury duty, and that a bench warrant was issued against them for their arrest. The Victim's reaction is one of shock and surprise which places them at an immediate disadvantage, and much more susceptible to the scam. The Victim will rightly deny knowl-

edge of any such claim; that no Jury Duty notification was ever received.

The Scammer shifts into high gear, reassuring the Victim of the possibility this is all "just a misunderstanding" or "some sort of clerical error" that can all be straightened up on the phone. All they need to do is "verify" their information with a few simple questions. Any reluctance on the Victim's part and the Scammer will threaten that the failure to provide the information will result in an immediate execution of the arrest warrant. The Scammer obtains names, SS#, dates of birth, and will solicit credit card or bank account numbers claiming these will be used by their credit bureau to "verify" the Victim's identity. Family

members who receive these calls are especially vulnerable to coercion. Threats against the Sponsor's military career, should he/she be arrested and now have a criminal record, are frightening and persuasive.

Soldiers, Civilian Employees, and their adult family members must be made aware of this threat to their personal information and identities. Legitimate court employees will **NEVER** call to solicit information, and would send any official notifications by standard mail delivery. Any person receiving such calls should record the Scammer's phone number (if Caller ID is available) and immediately report the contact to Military Police authorities.

## Montgomery GI Bill Increase Oct 1, 2005

**Montgomery GI Bill – Selected Reserve** - MGIB program provides up to 36 months of education benefits upon first 6 year enlistment. This benefit may be used for degree and certificate programs, flight training, apprenticeship/on-the-job training and correspondence courses. Remedial, deficiency, and refresher courses may be approved under certain circumstances. If you use your education benefit, you must complete the full 6 year enlistment to not have to repay education monies spent. If you enlisted on or after Oct 1, 1992 you will have 14 years to use your education benefit. If you enlisted before Oct 1, 1992 you will have 10 years to use your education benefit. You must be an active member of the Guard to be able to use your education benefit. If you want more information you can visit the GI Bill website at <http://www.gibill.va.gov/> or you can contact the Education Services Officer, CPT Mandee Barbee Phone: (405) 228-5322 or Email: [mandee.barbee@ok.ngb.army.mil](mailto:mandee.barbee@ok.ngb.army.mil)

NEW MONTHLY RATES FOR PERSONS TRAINING UNDER THE MONTGOMERY GI BILL - SELECTED RESERVE				
TYPE OF TRAINING	FULL TIME	THREE-QUARTER TIME	HALF-TIME	LESS THAN HALF-TIME
INSTITUTIONAL	\$297.00	222.75	\$148.50	\$74.25
COOPERATIVE	\$297.00 (Full Time Only)			
CORRESPONDENCE	Paid at 55% of the approved charges for the course. Entitlement Charged At The Rate Of One Month For Each \$297.00 Paid.			
APPRENTICESHIP ON-THE-JOB TRAINING	First 6 Months \$252.45 Second 6 Months \$193.05 Remainder of Program \$133.65			
FLIGHT	Paid at 60% of the approved charges for the course. Entitlement Charged At The Rate Of One Month For Each \$297.00 Paid.			